"The South 40"

by JAMES A. SMITH
EXTENSION AGENT

Tonight (Thursday) is the first in a series of four meetings on Estate Planning. This is such an important matter for every family. We are encouraging that families attend as couples. The decisions that need to be made should be jointly agreed upon.

We are limiting participation to the first twenty-five couples. In order to cover the cost of resource material that participants will receive, there is a $10 registration fee.

* * *

The Junior Bull and Heifer Sale is set for this Saturday at the Red House Bull Evaluation Center. Come see these herd replacements.

* * *

We need to know if you are going to attend the area Fire Tobacco Meeting Monday - 4:00 - 8:30 p.m. at the Appomattox County High School. For the past several years, we have had more plates reserved than attendants. We need to pull things together in order not to waste.

* * *

It's lice time on these beef cow herds. When you see cattle licking themselves and rubbing, you can be sure that you have a louse problem. Even better, if you own cattle and they haven't been treated in the past four weeks, you can be sure that lice are present.

There are two pour-ons that can be used - Korlan 2 and Lysoff. All that's needed is a bucket, a dipper, some measuring equipment and, of course, a good squeeze chute.

Dust can be used, but to be effective, it must be applied over the entire animals's body and brushed into the hair.

Sprays will work -- need a sprayer that will build up 200 pounds pressure and applied when outside temperature is comfortable. A reasonably good pen is a must.

* * *

Flue tobacco growers will want to attend the Stabilization Meeting in Chatham February 23. The meeting will be held at the Pittsylvania County Educational and Cultural Center Auditorium.

Stabilization sales were down in 1978 and stocks were increased. Naturally there is concern within the industry; therefore, all growers need to be about the business of their cooperative.

* * *

In 1978 only 427 soil samples were taken. This may be one of the reasons that barley and soybean yields are down. This may well be a contributing factor to poor weed control in corn.

Corn yields may be reduced if the soil pH is less than 5.5 because of acid soil toxicities and infertility. The pH value of 5.5 is the acidity level where yield reductions begin for our most "acid sensitive soils."

Corn needs a safety margin in pH level to guard against a pH drop when 125 to 150 pounds of nitrogen is applied.

Last year there was less than one sample per farm taken in Appomattox County. All fields and pastures should be checked every 3 to 4 years.

PRECIPITATION:

	Week 1-21
This Month	2.38
This Year	7.28

ROCKS

FEB. 19 - The worst storm of the season hit here over the week end with zero temperature. Everybody stayed inside unless going was absolutely necessary. Although the weather was record-breaking Sunday morning, with snow falling, Rocks had a good attendance

Mr. and Mrs. Harry W. Ranson and Mrs. Louise Roach and Cassie Baldwin attended the Willie Dickerson funeral at Farmville Baptist Church on last Monday.

Cassie Baldwin attended the funeral of her cousin, Lloyd Brown, of Prospect, on Tuesday afternoon.

The organizations of the W.M.U. carried out many activities of the week at Rocks last week.

The Sweetheart Banquet was held on Wednesday night with 83 present. The food was delicious.

Roy Davis is in Virginia Baptist Hospital for surgery. Speedy recovery is wished him.

Eugene Davis, of Lynchburg, is in the Lynchburg General Hospital. He had a heart attack. His wife is Jessalyn Marsh. Hope he has a speedy recovery.

Margaret Maxwell Mann died at Virginia Baptist Hospital on Sunday morning. Sympathy is extended her loved ones.

The mission study book This is My Bible for Grades For Children 1-6 will begin on February 25 at 6 p.m. at Rocks and continue on March 4 at 6 p.m. and end on Wednesday, March 7, at 7 p.m. Make plans to be present.

The W.M.U. Group I Mission Study Class will be held at Spring Creek Church on February 26th at 7:30 p.m. Make plans to be present.

Sympathy is extended the Carwile and Salmon families in the death of their love ones over the week end.

The Rocks Extension Homemakers Club will meet on March 1 at 7:30 p.m. with Mrs. Christine Ranson.

Friends are sorry to hear Grace Covington is back in the hospital again. A speedy recovery is wished her.

Happy belated birthday to Mary Ranson, who had a birthday on Sunday. Hope she will be feeling much better soon.

Hollywood

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28.

Preaching services Sunday night at Hollywood Church were canceled due to the heavy snow storm and zero cold weather.

Mrs. Margaret M. Mann died Sunday morning in the Virginia Baptist Hospital. Deepest sympathy is extended her family and loved ones.

Relatives received word Monday that Mr. Haywood Woodall, of Lynchburg, was in a critical condition in the Lynchburg General Hospital. Our sincere prayers are with him and each of his loved ones.

We were happy to hear Mrs. Edna T. Covington and Mr. Jessie Torrence, Jr., both are home from the hospital and improving nicely.

Congratulations to Mr. and Mrs. Scott Sheets who celebrated their 50th wedding anniversary Feb. 15, 1979. They were married Feb. 15, 1929 at Catlettsburg, Ky. by the Rev. Cox. We wish for them many more happy years together.

Mr. and Mrs. Claude Hamlett and Miss Brenda Hamlett, of Hurt, visited Mrs. Hamlett's mother, Mrs. Virgie Beasley Saturday.

Mr. and Mrs. Thomas Woodall and Lisa spent the week end in Covington with Mr. and Mrs. Clarence Coffey and family.

Mr. Steve Hancock, of Richmond, spent a couple of nights last week with his grandmother, Mrs. J. L. Torrence. Other guests of Mrs. Torrence were Mr. and Mrs. Jimmie Torrence and family, of Richmond. They were in Appomattox visiting Mr. Torrence's parents, Mr. and Mrs. Vernon Torrence.

Miss Julia Wingfield attended the wedding of Miss Susan Gail Lowe and Mr. Harry "Butch" Johnson of Jamestown, N.C. on Saturday, Feb. 17, 1979. Mr. and Mrs. William A. Watson, William and April Watson accompanied her there. They spent Saturday night in Greensboro, N.C. Also attending the wedding from Appomattox were Miss Sheila Franklin and Mr. Doug Webb.

Mrs. Kenneth Deaner visited Mrs. Mary Bagby Saturday night.

Mrs. Kenneth Deaner celebraded her husband, Kenneth's and daughter, Dawn's birthdays Wednesday evening, Feb. 14. Delightful refreshments were served. They received nice gifts. Guests present were Mr. and Mrs. Thomas Woodall, Lisa, Mr. and Mrs. Walter Wingfield, Miss Julia Wingfield, Miss Julia Wingfield, Mr. and Mrs. Bill Watson, William and April.

Mr. and Mrs. Craig Menser and family, of Hampton, were week end guests of his parents, Rev. and Mrs. Daniel Menser and family.

As we celebrate Washington's birthday today, Feb. 19th, lets ask ourselves what was he like?

George Washington became known as "the Father of His Country", even in his own lifetime. But he is received more as a human sample than loved as a fellow human being. Still modern research has uncovered the warm man beneath the formidable legend. It has shown him to be a man of faults, but with the greatness to rise above them. As a soldier, he made some mistakes, but he won the war, as a statesman, he spoke seldom, but when he spoke he made sense. He was admired for his courage, energy, judgement, common sense, granite character and honor - copied.

Eating Well

by Mrs. Barbara L. Morlang, R.D., Ph.D., State Nutrition Consultant
Va. Dept. of Health

Too Early Introduction of Solid Foods May Mean Overfeeding

According to a group of researchers from the Department of Pediatrics, University of Iowa, Iowa City, introducing solid foods to your infant before five months of age may interfere with establishing good eating habits and contribute to overfeeding, and perhaps obesity in later life. Their recommendation appeared in the January issue of **Pediatrics**, the monthly scientific journal of the American Academy of Pediatrics.

"From the time of the first feeding, the infant should be permitted to stop eating at the earliest indication of willingness to stop." At about five or six months of age, the infant is usually able to sit with support and will have good neuromuscular control of the head and neck. The infant will be able to indicate a desire for food by opening his or her mouth and leaning forward, and will indicate disinterest or satisfaction by learning back and turning away. The researchers remarked that until the infant can express these feelings, feeding solid foods will probably represent a type of forced feeding. They emphasized that, "no attempt should be made to get the infant to drink the last drop from the bottle or, later on, to finish the last spoonful in the dish."

The article went on to say that studies have shown breast feeding with supplements of Vitamin D, iron and flouride, or iron-fortified commercial formulas provide a complete and highly desirable total diet for the normal full term infant until five or six months of age.

At present, most infants in the United States are fed some solid foods by two months of age. Many times this is done because of the belief that the feeding of solid food will help the infant to sleep through the night.

Accoring to the scientists, "if the feeding of solid foods does cause an infant to sleep through the night, it is achieved by providing a greater caloric intake, and is therefore a type of overfeeding, not conducive to establishing habits of eating in moderation."

The researchers recommend that solid foods may be offered beginning at five or six months of age. Once foods are offered, iron-fortified cereal should be the first food introduced, and once it is accepted, other foods should be introduced. However, only one or two new foods should be added during the same week.

"Many foods commonly fed to infants (eg, fruits, mashed potatoes, hominy grits) provide most of the energy in the form of carbohydrate, and are therefore not suitable as the only solid food items for breast fed infants." They also advise that infants who are partially breast fed need some foods that are high in protein.

The researchers warned that fruits and vegetables sold in cans that are specifically designed for infants should be avoided because of possible high lead content and, in the case of vegetables, because of a relatively high level of salt.

Parents should start at an early age to encourage their children to have good food habits. Remember that good food habits are as difficult to break as poor food habits.

MRS. WALTON'S 4-H CLUB

John led the Pledge of Allegiance to the American Flag and Tina led the Pledge to the 4-H flag. The secretary read the minutes. We played some games and then Mr. Hall talked about Public Speaking, bird houses, 4-H Camp and passed out pine seedling forms.

During the program, they let us record our voices on the tape player and then we listened to them.

We were told the secret of the game "Black Magic."

The meeting was then adjourned.

Reporter,
Rosetta Yonaldo Lewis

COUNTY FARM BUREAU OFFERS EARLY BIRD ORDER PERIOD

Appomattox County Farm Bureau has an Early Bird buying program for members who want to save money on their purchases by ordering in volume and anticipating their needs early, according to announcement from Marvin A. Glover, Jr., President of Appomattox County Farm Bureau.

Products available on this program are: motor oil, gear oil, tractor hydraulic fluid, oil filters, transmission fluid, air filters, grease guns, grease fitting, grease, disc blades, plow points and plow parts.

This Early Bird order period will be from February 8th to February 23rd, 1979.

Please call one of the vendors listed below for more information and prices: John Hix, phone 248-5396; Marvin Glover, Jr., Phone 248-6425; or Edwin Anderson, phone 352-8377, or Locust Grove Farm, James Ford, phone 352-8940.

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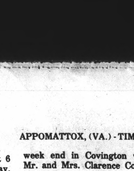

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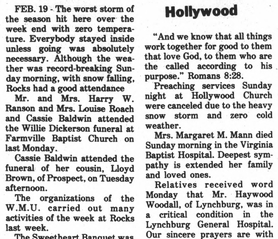

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

How Often Do You Make Others Feel Better

NOTE: This self-evaluation was taken from **National 4-H News** and used by the extension homemakers at their January meetings. Many of you ladies suggested that this be shared in this column.

How long has it been since you said or did something to make someone feel better? A day, a week, or longer than you can remember? Making others feel good often costs little or nothing. It may involve a warm smile, a cheery greeting, a solicitous phone call, card or letter.

What is amazing is the resulting gratitude and good will. Many people, so hungry for a sign of human interest or affection, respond with profound gratitude and exhilaration.

Yet, many basically good people neglect these simple acts of kindness. True, it isn't easy to think of others when you're worried about your job or meeting your bills or the other relentless demands of daily living. However, the old adage, "man is not an island unto himself," though often repeated, remains an imperishable truth.

The clergy of all religions advocate the importance of reaching out in fellowship to others, as do leaders in the psychiatric profession. To determine how actively you make others feel better answer the following questions.

1. Have you recently surprised anyone by some unexpected, thoughtful act? Yes ..... No .....

2. When learning that a relative, friend or colleague has been ill for a considerable period do you visit, phone or write? Yes..... No .....

3. Is there someone with whom you communicate mainly because she or he is a lonely person? Yes..... No.....

4. If someone you knew well lost a close relative would you express your sympathies when you ran into him or her? Yes..... No.....

5. If you learned that the child of a good neighbor graduated from high school would you probably make the effort to convey congratulations? Yes..... No.....

6. If you learned that a fellow employee was laid off would you offer encouragement and tell him that you will inform him of any openings that you may discover? Yes..... No.....

7. Would you compliment a person for looking well in a new outfit? Yes..... No.....

8. Are you stingy with praise for someone or an activity because you believe that few persons or things are worthy of praise? Yes..... No.....

9. If you found that the meal served by the lady of the house or chef was unusually delicious, would you express your compliments? Yes..... No.....

10. Is there someone who has been especially helpful to you to whom you have failed to show adequate appreciation? Yes..... No.....

11. When learning about those who survived a tragic situation to you show your sympathy by a note of contribution? Yes..... No.....

12. Do you write to public officials praising them for supporting policies you favor? Yes..... No.....

SCORING: Questions 1, 2, 3, 4, 5, 6, 7, 9, 11 and 12 should be answered "yes." All others "No." The most desirable response earns four points, the least desirable one point. A score ranging from 40-48 is above average to excellent and implies a good record in cheering others; a score of 27-39 is average; while a score of 26 and below is below average and suggests that it would be helpful to think more of others.

RECIPE OF THE WEEK

Cranberry Salad

1 small box strawberry gelatin
1 can while cranberry sauce
1 cup boiling water
¼ cup chopped nuts
1 banana (sliced)
1 orange

Dissolve gelatin in 1 cup hot water. Add cranberry sauce and stir until mixed. Chill for about 1 hour. Add banana, orange and nuts. Chill until firm.

Many thanks to Elizabeth Hancock for sharing this delicious and nutritious recipe with us.

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ASCS TODAY

By Tom Conrad

Fire-Cured Tobacco Allotments Mailed - Notices of individual farm acreage allotments and ballots for the marketing referendum have been mailed to farm operators.

The notices are sent in advance of the February 20-23 marketing quota mail referendum so that farmers will know how the quotas they are voting on would affect their individual farming operations for 1979.

Ballots may be returned to the ASCS office during the period February 20 through 23.

For the 1979 crop of Virginia fire-cured tobacco, the Department of Agriculture has announced a total of 9,819 acres available for allotment. This compares with 11,037 acres available for allotment last year.

Growers voting in the referendum may approve or disapprove marketing quotas for the 1979, 1980, and 1981 crops of fire-cured tobacco.

If at least two-thirds of the growers voting in the referendum approve quotas by voting YES, the law provides that quotas and acreage allotments will be in effect for 1979, 1980 and 1981. Penalties for marketing "excess" tobacco will also be in effect, and price support will be available to growers who do not exceed their farm acreage allotments.

If marketing quotas are not approved in this referendum there will be no quotas, no marketing penalties and no price support on the 1979 crop. In that event, another vote would be held next year on quotas for the following years.

Burley, Flue-Cured Tobacco Program Regulations Changes Proposed - Several regulations amendments designed to tighten administration of the flue-cured and burley tobacco marketing quota programs, and to discourage farmers from overproducing, have been proposed by the U.S. Department of Agriculture.

ASCS Associate Administrator Stewart Smith said the public has until February 28 to comment on the proposals.

Smith said one amendment would cancel the provisions allowing storage of producer carryover tobacco through marketing agents beginning with the 1979 crops. This carryover provision has stimulated the production of excess tobacco and has put a greater strain on the limited processing facilities during the marketing season, he said.

Under another proposed change, tobacco producers will be permitted to plant up to 110 percent of their effective flue-cured allotments and still receive price support if they agree not to harvest the four lower leaves. Previously, they could plant up to 120 percent if they did not harvest the four lower leaves.

Smith said in 1978, producers generally found that only 10 percent additional acreage was required to offset the reduced yields resulting from not harvesting the four lower leaves. The department began the program of encouraging producers to leave lower-stalk flue - cured tobacco in the field in order to reduce the amount of generally lower quality tobacco entering the loan program.

Other proposed changes provide that:

- Producers be required to file reports of tobacco on hand at the end of the marketing season.

- Supplemental reports would be required from dealers and buyers that would reflect tobacco acquired by them and not previously reported in their seasonal reports. the February 1, for flue-cured and April 1 for burley.

Proposed changes which apply for flue-cured tobacco only provide that:

- May 1, is the final date to file requests for lease and transfer of farm marketing quotas, except when late filing was beyond the producer's control. Lease and transfer may be approved after June 14, provided certain specified conditions are met.

- Producers who plant tobacco in excess of their farm acreage allotment will not be eligible to lease and transfer quotas after June 14.

A proposal applying only to burley tobacco provides that, with some exceptions, a farm not be allowed to transfer a quota both to it and from it in the same year.

Comments should be sent to the Acting Director, Production Adjustment Division, USDA-ASCS, P. O. Box 2415, Washington, D.C. 20013.

Details of these proposals as well as others proposed changes in the burley and flue-cured tobacco program appeared in the February 13, Federal Register.

1979 Agricultural Conservation Program Sign-Up in Progress - The signup for the 1979 Agricultural Conservation Program began last week and will continue through March 15. There have been quite a few farmers that have come in to signup and all farmers that need conservation work done on their farm beyond that which would be done with their own funds are urged to stop by and check on the program.

Last week I mailed out a newsletter describing all of the practices being offered and some of the program provisions. If you are interested in the program, check the newsletter so that you can be familiar with the program before you come in to sign up.

1979 Wheat and Feed Grain Set-Aside Program Signup in Progress - The wheat and feed grain set-aside program signup began on February 15, and will continue through April 30.

All farmers planting wheat and/or feed grain for harvest in 1979 are eligible to participate. As in 1978, program participation is voluntary. However, farmers must file their intentions to participate during the sign-up period to be eligible for program benefits.

These benefits include price support loans on all eligible commodities produced, deficiency and disaster payments for barley, corn, sorghum, and wheat on the participating farm. Farmers who participate are also eligible to use the grain reserve when it is open.

Provisions of the corn and sorghum program include a 10 to 10 percent set-aside and a 10 percent diversion. Farmers may sign up for voluntary diversion payments on corn and sorhum. However, no advance voluntary diversion payments will be made for 1979 crops.

ASCS will accept applications for the 1979 program until April 30.

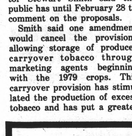
EVERGREEN 4-H CLUB

For our February meeting we went skating at A. J. Skateland; we had a real nice time. Wish we had more. We had sixteen people to join us.

Our March meeting will be at Joanie Canada on March 8, 1979 at 7 p.m.

Charlene Harvey
Reporter

It's George's Birthday And We're Chopping Prices!



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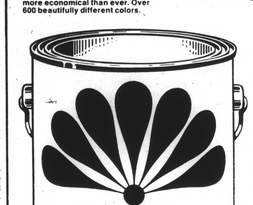

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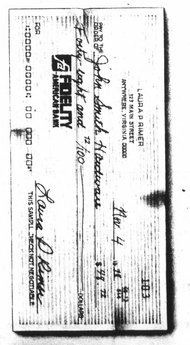

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